# REWIRING THE BRAIN

TECHNIQUES FOR OVERCOMING ADDICTIVE BEHAVIORS AND CRAVINGS

## SESSION 7: BY MADAN SUNDAR DAS

EVOLVE PUNE

# DISTRACTION

# DISTRACTION

## IS A HABIT - SO IS

DISTRACTION
IS A HABIT - SO IS
FOCUS
Hey! What's up?
Nothing much how about you?
Just on the road driving

YOU GET BETTER AT WHAT
YOU REPEAT

That’s the power of reframing a trap into a training opportunity.

STREAM TV

# What is a Habit?

"A habit is an acquired behavior or a thought pattern that is performed **unconsciously.**"

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# We make habits and then..... the habits makes us

Watch your **thoughts** they become your **WORDS**,

Watch your **words** they become your **ACTIONS**,

Watch your **actions** they become your **HABITS**,

Watch your **habits** they become your **CHARACTER**

Watch your **character** they become your **FUTURE**.

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# Understanding Habit Formation

- Trigger
- Routine
- Reward

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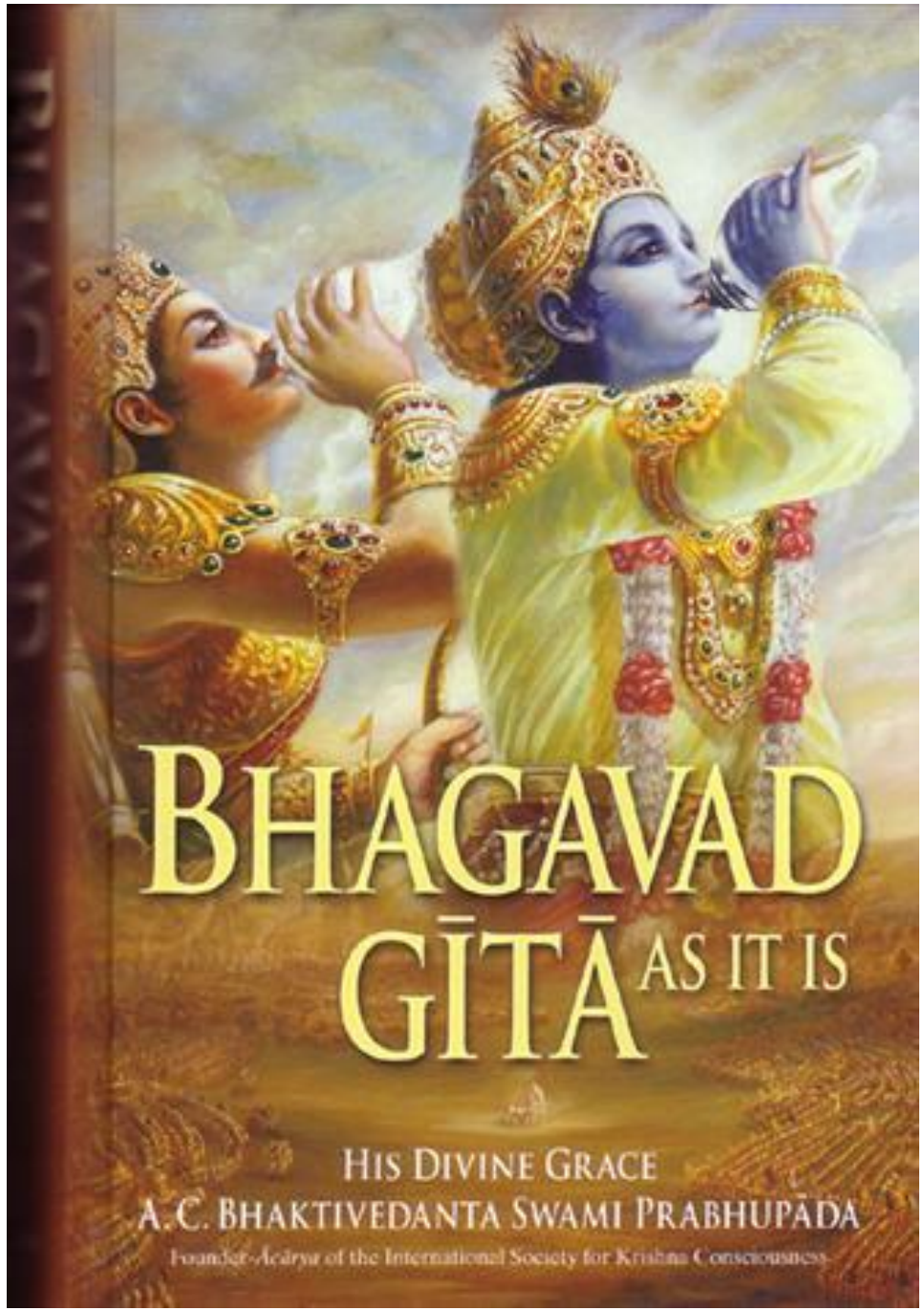
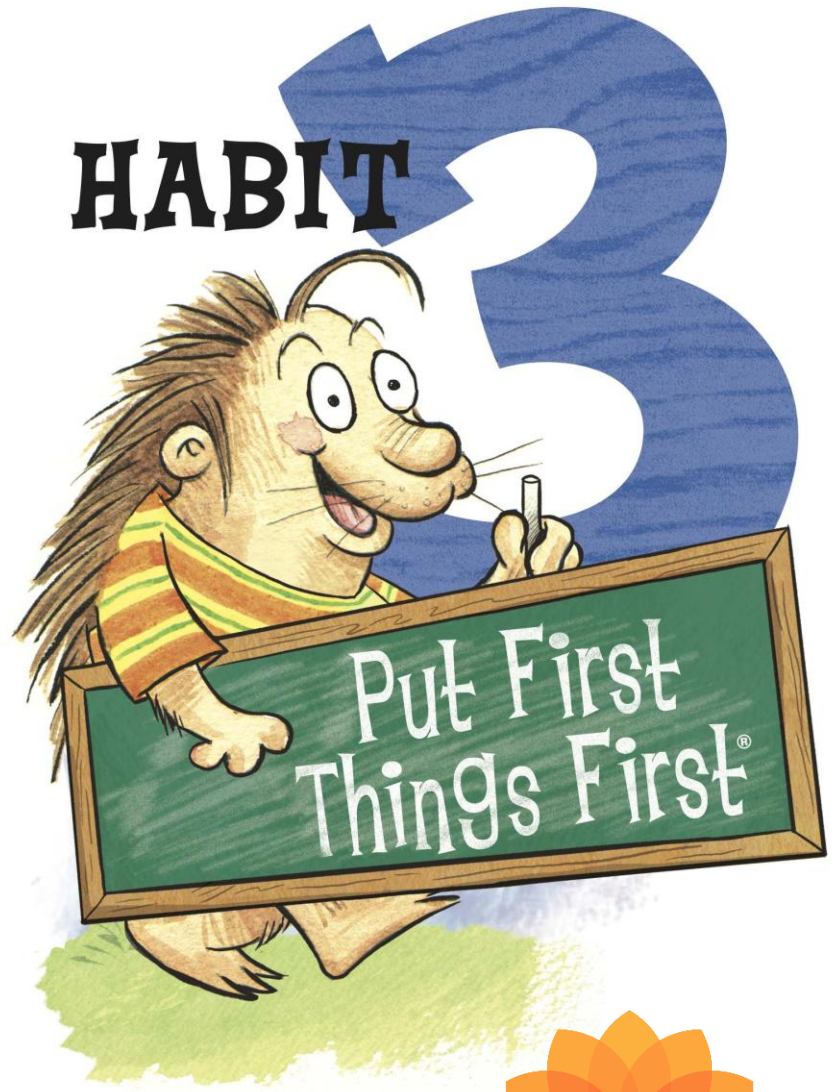

BHAGAVAD
GĪTĀ AS IT IS
HIS DIVINE GRACE
A.C. BHAKTIVEDANTA SWAMI PRABHUPĀDA
Founder-Ācārya of the International Society for Krishna Consciousness

# GOOD HABITS

Such habits enhance your overall experience of life

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# ROLE OF HABITS

“Excellence is not about big achievements but about consistently practicing small, impactful habits.”

# How to deal with BAD Habits?

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# 3 Step Formula

1. Awareness
2. Avoidance
3. Replacement

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# Step 1:

## AWARENESS

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# BAD HABITS

Such habits can damage our career, relationships, personal lives without even being aware of them.

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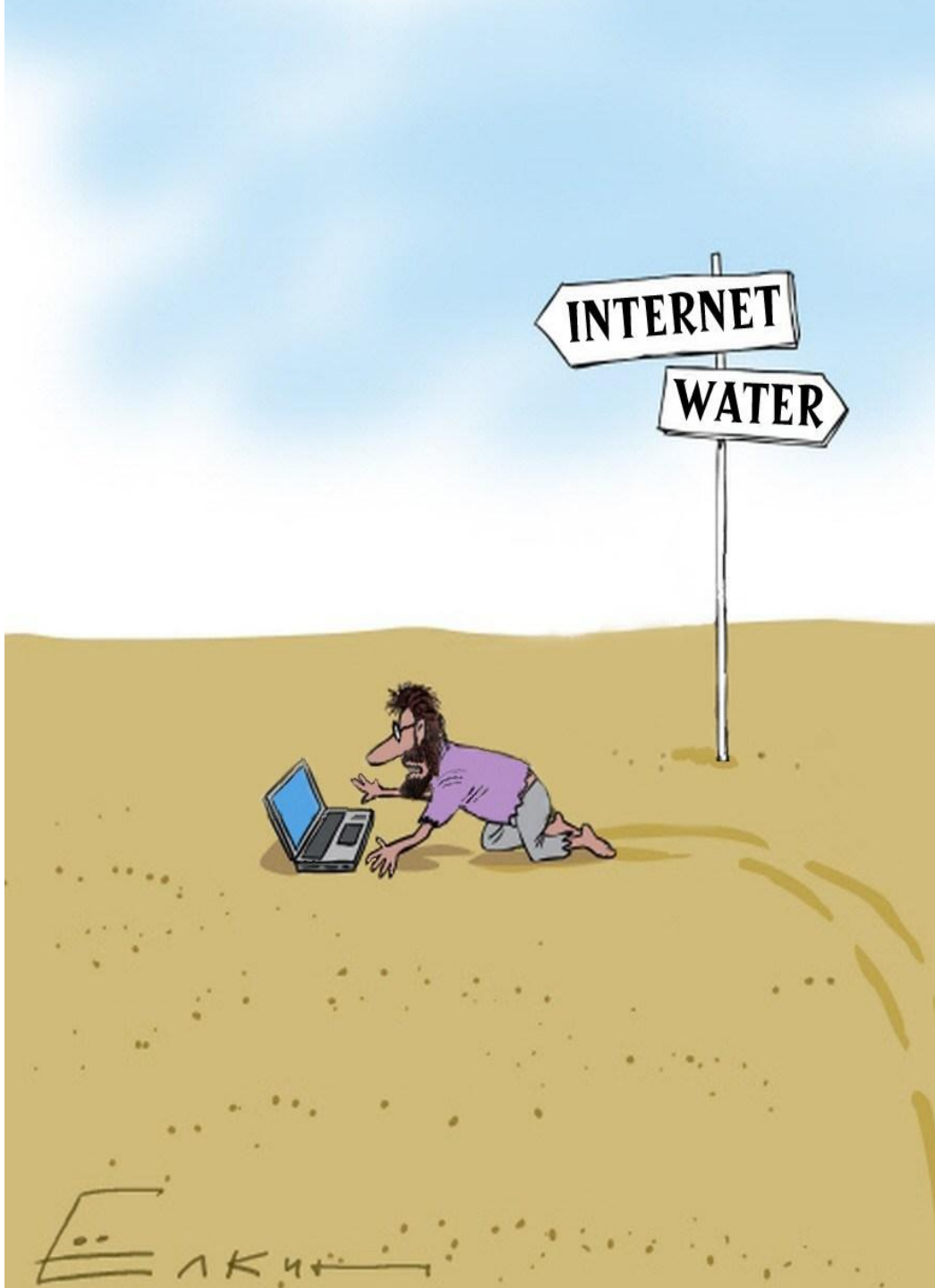
# Types of Bad Habits

- Simple: mild consequences
- Serious: grave consequences

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# Examples:

- Being late for work or meetings
- Thinking negatively
- Gossiping
- Procrastinating on assignments,

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# SMOKING

“400,000 people die in the US alone”

# ALCOHOL

“40 million Americans are seriously abused alcoholics”

“275,000 were seriously injured due to drunken driving”

# GAMBLING

“250 billion dollars are spent on gambling per year.”

“93 million people a year go for gambling.”

# Digital Habits

- On average, people now spend over 7 hours per day on digital media

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# “Sense Pleasures Are Temporary”

***ye hi saṁsparśa-jā bhogā***
***duḥkha-yonaya eva te***
***ādy-antavantaḥ kaunteya***
***na teṣu ramate budhaḥ***

An intelligent person does not take part in the sources of misery, which are due to contact with the material senses. O son of Kunti, such pleasures have a beginning and an end, and so the wise man does not delight in them.

[BG 5.22]

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# Awareness Techniques

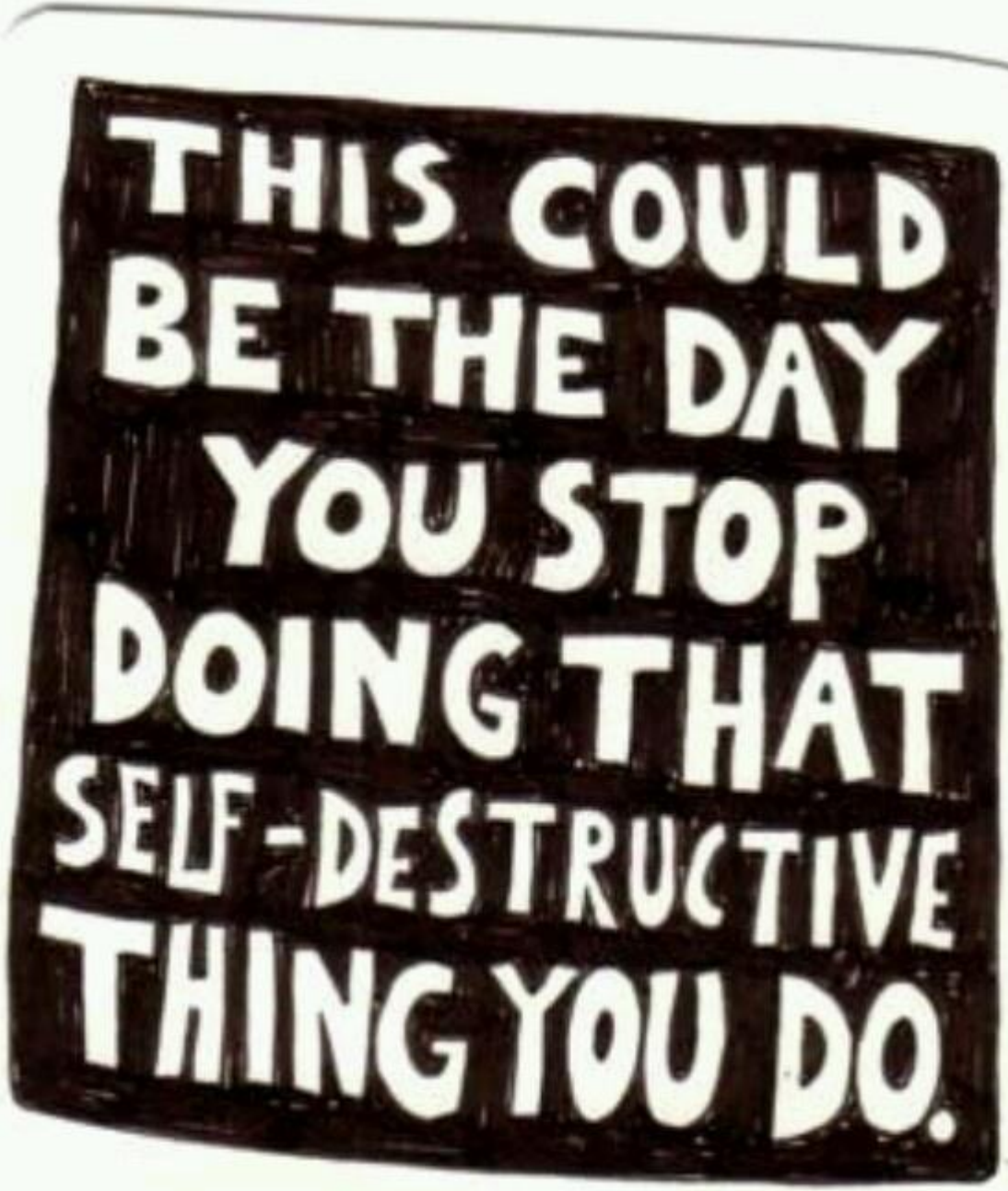
Awareness techniques guide people to recognize and evaluate their habits. This ongoing practice is crucial for meaningful change.

| TECHNIQUE | DESCRIPTION | FREQUENCY |
|---|---|---|
| Journaling | Document daily habits | Daily |
| Mindfulness | Practice present-focused awareness | Daily |
| Triggers Identification | List habits and triggers | Weekly |
| Reflection | Review habits and progress | Monthly |

# Step 2:

## AVOIDANCE

*If you can't easily resist a temptation, make it harder to access.*

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# SCIENTIFIC STUDY

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# “Regulative Principles of Freedom”

*rāga-dveṣa-vimuktais tu*
*viṣayān indriyaiś caran*
*ātma-vaśyair vidheyātmā*
*prasādam adhigacchati*

But a person free from all attachment and aversion and able to control his senses through regulative principles of freedom can obtain the complete mercy of the Lord.

[BG 2.64]

# Avoidance Strategies

These avoidance strategies provide tools to fend off temptations. Implementing these can lead to better self-control and healthier choices.

| STRATEGY | DESCRIPTION | EXAMPLE |
|---|---|---|
| Environmental Changes | Remove triggers from surroundings | Limit access to sugary snacks |
| Boundary Setting | Establish time limits on activities | Control social media usage |
| Substitute Activities | Replace bad habits with healthy ones | Go for a walk instead of snacking |
| Accountability Partners | Engage with friends for support | Share progress with a peer |

# Step 3:

## REPLACEMENT

*You can't just suppress a habit; you must replace it with a better one.*

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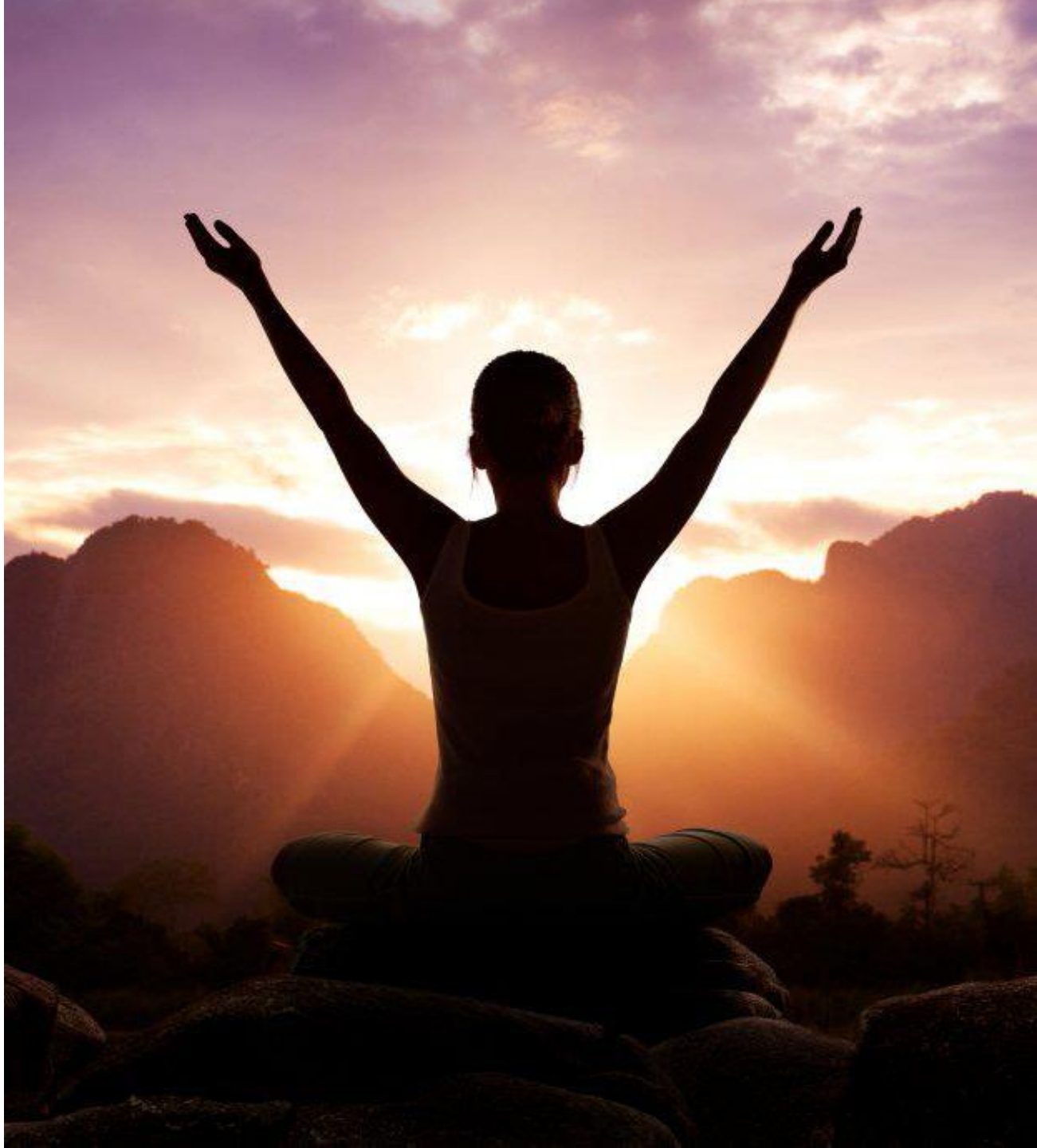

# “Develop higher taste”

***viṣayā vinivartante***
***nirāhārasya dehinaḥ***
***rasa-varjaṁ raso 'py asya***
***paraṁ dṛṣṭvā nivartate***

Though the embodied soul may be restricted from sense enjoyment, the taste for sense objects remains. But ceasing such engagements by experiencing a higher taste, he is fixed in consciousness.

[BG 2.59]

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# Replacement Options

Effective replacement options encourage healthier alternatives that mitigate bad habits. Choosing replacements can lead to improved well-being.

| BAD HABIT | HEALTHY REPLACEMENT | BENEFIT |
|---|---|---|
| Social Media Scrolling | Reading a book | Improved focus |
| Sugary Snacks | Fruits or nuts | Sustained energy |
| Procrastination | Structured study schedule | Reduced anxiety |
| Screen Time | Outdoor activity | Enhanced mood |

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# OVERCOMING BAD HABITS

**December - 2024**

# Social Media Spiral

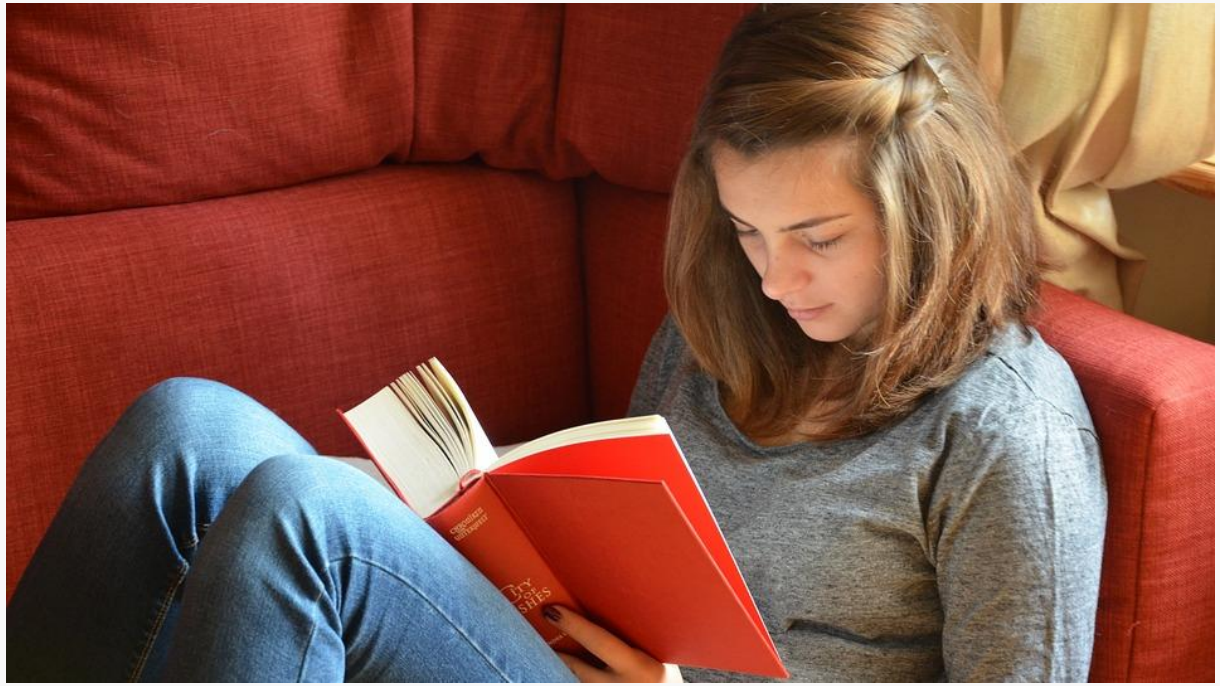
## Discussion Points:

- What are the triggers for Riya's habit?
- What routine does she follow?
- What reward does she get?

## Breaking the Cycle

- Using the **3-step formula (Awareness, Avoidance, Replacement)**, how can Riya address this habit?

# Procrastination Cycle



## Discussion Points:

- Identify Sonia's triggers?
- What routines follow these triggers?

## Breaking the Cycle

- How can Sonia break this habit using the **3-step formula**?

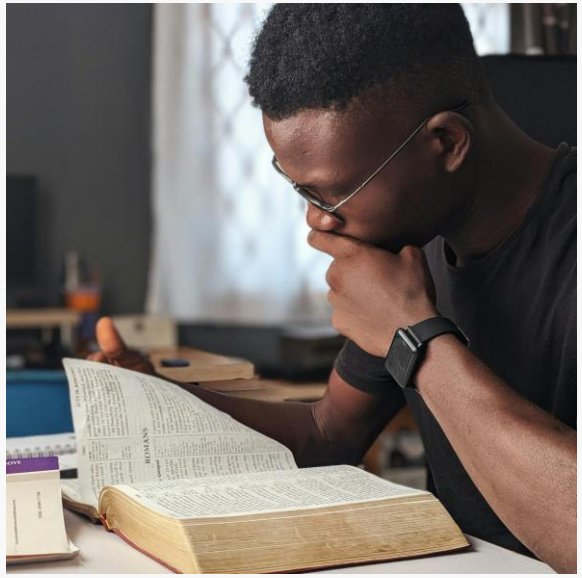
# Reading Success

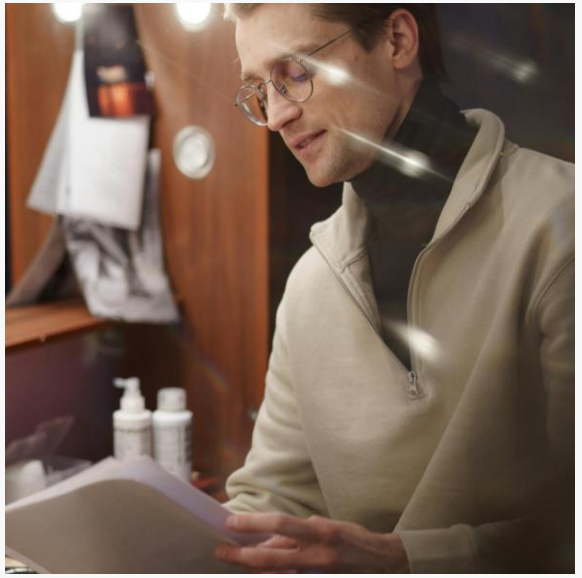
## Inspiration for Others

Ankit wanted to develop a reading habit but struggled with distractions. He started small, reading one page each morning after his alarm went off. Over six months, he finished six books.

## Discussion Points

- How did Ankit use triggers, routines, and rewards to build this habit?
- How can his approach inspire others in the group?



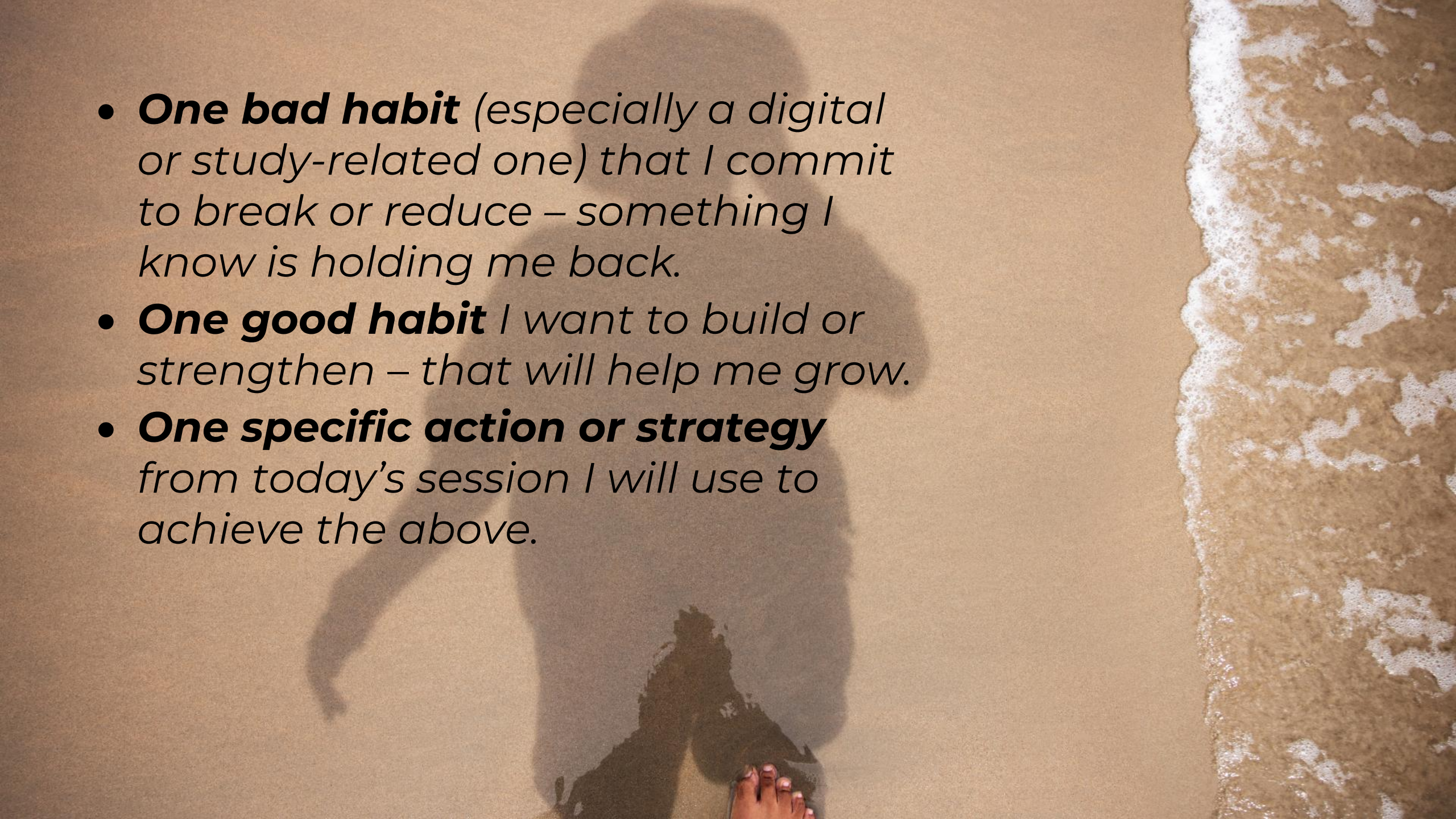


# Key Patterns in Behavior

This table summarizes common triggers, routines, and rewards associated with bad habits. Recognizing these patterns is crucial for transformation.

| BEHAVIOR TYPE | COMMON TRIGGER | ROUTINE | REWARD |
|---|---|---|---|
| Social Media | Notifications | Scrolling before bed | Temporary distraction |
| | | | |
| Procrastination | Overwhelm | Minor distractions | Avoidance relief |
| Reading | Desire to learn | Small daily reading | Sense of accomplishment |

SELF REFLECTION



- ***One bad habit*** *(especially a digital or study-related one) that I commit to break or reduce – something I know is holding me back.*
- ***One good habit*** *I want to build or strengthen – that will help me grow.*
- ***One specific action or strategy*** *from today's session I will use to achieve the above.*

# IN ESSENCE

- *“Habits are powerful – they can make or break your success. The good news is you have the engineering tools to redesign your habits.”*
- *“Remember the Habit Loop: trigger – routine – reward. Catch your triggers, interrupt the routine, and swap in a better routine where you can.”*
- *“Use the 3-step formula: Awareness of yourself, Avoidance of tempting triggers, and Replacement with positive alternatives.”* This is your algorithm for habit change.

# IN ESSENCE

- *“Digital Discipline is the need of the hour. As future engineers, your relationship with technology should be conscious, not compulsive. With some boundaries and smart strategies, tech becomes a tool for your growth, not a distraction from it.”*

- *“Your habits, big or small, are the building blocks of your career and character. Start laying those blocks wisely today. You have the power to choose, change, and engineer a better you.”*

# Step 4:

# PRAYING

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# POWER OF PRAYERS

**PRAYERS**

go up

**BLESSINGS**

Come down

" O Lord, give me the courage to change the things which can and ought to be changed, the serenity to accept the things which cannot be changed, and the wisdom to know the difference "

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# “I will protect you”

*ananyāś cintayanto māṁ*
*ye janāḥ paryupāsate*
*teṣāṁ nityābhiyuktānāṁ*
*yoga-kṣemaṁ vahāmy aham*

But those who always worship Me with exclusive devotion, meditating on My transcendental form—to them I carry what they lack, and I preserve what they have.

[BG 9.22]

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# Thank you

Any Questions?

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